

# Swimming Timetable

## Great Dunmow Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 18 September



Time	Session	Facility
6:00 am - 9:15 am	Lane Swimming	Main Pool
9:15 am - 10:00 am	Aquafit	Main Pool
10:00 am - 10:30 am	Deep End Swim Only	Main Pool
10:00 am - 10:30 am	Adult and Child	Main Pool
10:30 am - 2:30 pm	General Swim	Main Pool
2:30 pm - 3:30 pm	Adult Swim	Main Pool
3:30 pm - 3:55 pm	General Swim	Main Pool
4:00 pm - 6:30 pm	Swim School	Main Pool
6:45 pm - 8:30 pm	General Swim	Main Pool
8:30 pm - 9:15 pm	Ladies Only Session	Main Pool
9:15 pm - 9:50 pm	Adult Swim	Main Pool